Support Group Information

<u>Adult Diabetes Support Group</u> – Meets on the 2nd Tuesdays of the month from 7:00 p.m. to 9:00 p.m. at the VA WNY Health Care System, 222 Richmond Avenue, Batavia in the Ambulatory Care Area. For more information, contact Michele Gaylord, CDE at 297-1000 ext. 72555. This group is open to the public. No meeting in Jan and Feb and Aug.

<u>AA</u> – Meets every Monday at Noon, every Monday at 6:30 p.m. at the First Baptist Church, 306 East Main Street, Batavia. Call the First Baptist Church at 343-9002 or 297-1059 for more information.

 \underline{AA} - Meets on Saturday from 10:00 am - 11:00 am at Northgate Free Methodist church South Campus. 530 Bank Street Road, Batavia, Call 344-1645 for more information.

Visit http://www.area50wny.org/ for a complete listing of all AA meetings locally in the Genesee region.

<u>Alanon</u> – Meets every Wednesday at 7:00 pm at the First Baptist Church, 306 East Main Street, Batavia. Call the First Baptist Church at 343-9002 for more information.

RAP-(Regional Action Phone) – Has more listings for AA, Alanon meetings. Call 585-343-1212

<u>Alzheimer's/Dementia Related Disease Information/Discussion Group</u> – meets every 3rd Wednesday of each month in the Gallery Room at the Richmond Memorial Library 7:00-8:30 pm For further information, contact Alzheimer's Association – WNY Chapter, 1-800-272-3900.

<u>Alzheimer's/Dementia Related Disease Information/Discussion Group</u> - Brockport Free Methodist Church, 6787 Fourth Section Rd. (Rt. 31), Brockport. 2^{nd} Thursday of every month, 7:00 pm - 8:30 pm. For more information, please contact Alzheimer's Association - Rochester, NY Chapter 585-760-5400.

Alzheimer's/Dementia Related Disease Information/Discussion Group-Men's Caregivers Support Group-For men helping a loved one with dementia. Meets the 1st Monday of every month from 7:00 p.m. – 8:30 p.m. at Glenwood Village located at 5271 Main Street, Williamsville, NY. Call Alzheimer's Association – WNY Chapter, 1-800-272-3900 for more information.

<u>Bereavement/Grief Support Group –</u> Brockport Free Methodist Church, 6787 Fourth Section Rd. (Rt. 31), Brockport. 1st Monday of every month, 7pm – 8:30pm. For more information, please contact Mickey at 585-455-5940.

<u>Breast Cancer Support Group-</u>meets monthly at The Healthy Living Center 211 East Main Street Batavia, 5:00pm - 6:30 pm the last Thursday of the month. Call (585) 34-5331 for more information.

<u>Caregivers Support Group</u> - For anyone caring for another. Held at 12:30 PM on the 3rd Tuesday of each month at Scooter's Restaurant, 3711 W. Main Street, LeRoy, NY. This group is sponsored by the LeRoy Christian Community Project (LCCP). For more information, call LCCP at (585) 768-7540. On HOLD for the Summer

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For changes or new groups to add, send to ofa@co.genesee.ny.us and we'll update for you!

Support Group Information

<u>Celebrate Recovery</u>- Meets every Thursday of the month at 7:00pm-8:30pm. Focuses on moving thru difficult situation, hurts, habit and hang up. Meets at the Northgate Free Methodist Church 8160 Bank Street Road, Batavia, Call 343-1829 for more information.

<u>Compassionate Friends, Batavia Chapter</u> – Meets the 3rd Thursday of each month at 7:00 p.m. at the Holland Land Office, 131 West Main Street, Batavia. This group is a non-sectarian, free, and confidential support group for parents and grandparents who have lost a child/grandchild. For more information, contact Pat Wheeler at 219-4570 or 716-601-9648 or check out www.compassionatefriends.org.

<u>Depression/Bipolar Support Group-</u> A group for individuals who cope with Depression and/or Bipolar Disorder. Call (585) 344-2611 for more information. Meets monthly.

<u>Domestic Violence Support Group</u> – Preregistration is required by calling the YWCA at 343-5808. Groups meet in 10 week sessions and meeting locations are confidential.

NOTE: 24 hour Domestic Violence Emergency Hot Line 343-7513.

<u>Gamblers Anonymous</u> – Meets every Saturday at 10:00 a.m. at GCASA, 430 East Main Street, Batavia, NY. For more information, contact Scott Brown at 815-1853.

<u>GED Pre-Preparedness support</u>- Independent Living of Genesee Region 113 Main Street, Batavia. To attend the class, call (585) 815-8501, x 400 in advance. Supports individuals as they get ready to take a GED class.

<u>Life Bridges</u> – Weekly group for individuals 18 and over that provides education, information, mutual support, positive living skills, and encouragement to individuals with ALL types of trauma histories. The group meets on Thursdays from 1:30pm to 3:00pm and 6:15pm to 7:45pm. Call (585) 344-2611 for more information.

<u>Lupus Support Group</u> – Currently does not meet in Genesee County. For further information about area support groups, go to http://lupusupstateny.org and type support groups in search field or call (800) 300-4198

Mental Illness Family Support Group- A group for families or friends whose loved one has any type of mental illness. Call (585) 344-2611 for more information.

Overeaters Anonymous (OA)- meets 10:00 AM every Tuesday at the First Baptist Church, 306 East Main Street, Batavia. Call the First Baptist Church at 343-9002 for more information.

Sign Language for Intermediate's

This is an 8-week intermediate class. Participants must have some general knowledge of sign language. Available to anyone in the community who is interested in learning sign language skills. Wednesday's: from 10:00 am to 11:00 am (beginners) and 11:00 am to 12:00 noon at Independent Living of Genesee Region 113 Main Street, Batavia. To attend any class, call (585) 815-8501, x 400 in advance. \$10 fee for books and material. New session starting July 10th.

<u>Survivors of Suicide Support Group</u> – Monthly group designed to help those who have lost a loved one to suicide resolve their grief and pain in their own personal way. Call (585) 344-2611 for more information.

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Support Group Information

 $\underline{\text{Warm Line}}$ – peer to peer phone service operating 7 days each week/365 days per year from 5:30 pm – 8:30 pm to provide emotional support, encouragement, and referrals. (585) 813-0072.

<u>Veterans Support Group</u>- First Baptist Church 306 east Main Street Batavia. Call for more information 343-9002. Meets every Thursday at 6:30pm.

Self - Help Groups

<u>Arthritis Exercise Class</u> – Class meets at the Office for the Aging/Senior Center, 2 Bank Street, Batavia every Monday at 9:30 a.m. Call the Office for the Aging at 343-1611 for more information.

<u>Strong Bones Exercise Class</u> - Class meets at the Office for the Aging/Senior Center, 2 Bank Street, Batavia every Thursday at 10:00 a.m. Call the Office for the Aging at 343-1611 for more information.

If you don't see a support group that you are looking for, call RAP (Regional Action Phone) at (585) 343-1212 or 1-800-359-5727 who may be able to assist you.

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